



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(Last updated, 1-25-12)

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100350 – PEAS, FROZEN, GREEN, 30 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better frozen peas with no additives except salt used during processing.
PACK/YIELD	<ul style="list-style-type: none">30 lb case.One 30 lb case AP yields 29.4 lb (about 71$\frac{7}{8}$ cups) cooked, drained peas and provides about 287.7 $\frac{1}{4}$-cup servings cooked, drained vegetable.One lb AP yields 0.98 lb (about 2$\frac{3}{8}$ cups) cooked, drained peas and provides about 9.59 $\frac{1}{4}$-cup servings cooked, drained vegetable.CN Crediting: $\frac{1}{4}$ cup cooked, drained green peas provides $\frac{1}{4}$ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened frozen green peas in the freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.Store opened thawed green peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Peas, green, cooked, drained, without salt

	$\frac{1}{4}$ cup (40 g)	$\frac{1}{2}$ cup (80 g)
Calories	31	62
Protein	2.06 g	4.12 g
Carbohydrate	5.70 g	11.41 g
Dietary Fiber	2.2 g	4.4 g
Sugars	1.86 g	3.72 g
Total Fat	0.11 g	0.22 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.63 mg	1.26 mg
Calcium	10 mg	19 mg
Sodium	29 mg	58 mg
Magnesium	9 mg	18 mg
Potassium	44 mg	88 mg
Vitamin A	840 IU	1680 IU
Vitamin A	42 RAE	84 RAE
Vitamin C	4.08 mg	7.9 mg
Vitamin E	0.01 mg	0.02 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Frozen peas can be cooked without thawing.• STOCKPOT OR STEAM-JACKETED KETTLE: Add frozen green peas to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.• STEAMER: Place a single layer of frozen green peas in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil.• Cook frozen vegetables only until tender but crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen green peas to serve soon after cooking.• Batch cook vegetables just before serving to improve quality.
USES AND TIPS	<ul style="list-style-type: none">• Serve frozen green peas cooked or use in soups, salads, and main dishes. Serve with small new potatoes, pearl onions, and/or turnips. Combine green peas with carrots, dill seed, or onions and chopped pimento.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze green peas.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.